

Answers for Aging

July, 2014

Special points of interest:

- Freedom and Liberty !
- Make a Difference to Children Month
- Program Updates
- Enjoy Summer!
- Freedom Through Forgiveness
- Cell Phone Courtesy
- Announcements!

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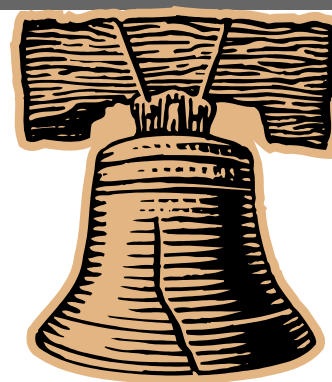
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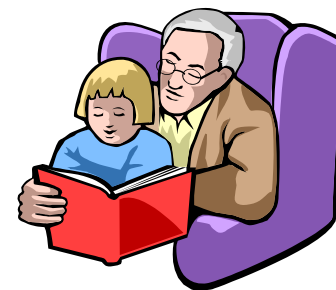
Independence Day!

As you celebrate Independence Day and reflect on the freedom we have in the United States of America, here are some famous and great quotes for the fourth of July holiday:

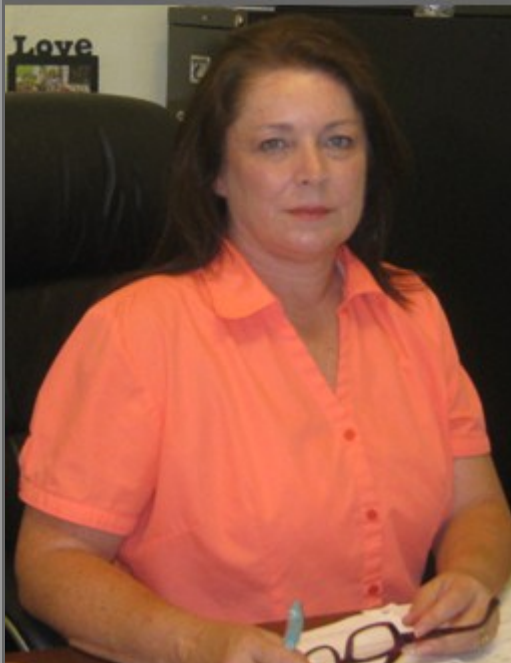
- * Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and re-freshed—else like a flower cut from its life-giving roots, it will wither and die....Dwight D. Eisenhower
- * May the sun in his course visit no land more free, more happy, more lovely, than this our own country!...Daniel Webster
- * Those who expect to reap the blessings of freedom, must, like men, undergo the fatigue of supporting it....Thomas Paine
- * Those who deny freedom to others deserve it not for themselves...Abraham Lincoln
- * How little do my countrymen know what precious blessings they are in possession of, and which no other people on earth enjoy!...Thomas Jefferson
- * Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty....Louis D. Brandeis
- * Liberty is the breath of life to nations....George Bernard Shaw



“A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child..”



F.E. Witcraft, Teacher & Scholar



Updates From Jennifer Reece , Assistant COA Director, About Transportation and SHIP

Assistant Director of Council on Aging, Jennifer Reece wears many hats—SHIP Coordinator, coordinator for the Medicaid Waiver and Alabama Cares programs, and Transportation Coordinator—to name a few! “My main goal,” states Jennifer, “is to assist our seniors (age 60 and older) in Limestone County. We are currently dealing with their insurance questions, homemaker services, fraud protection, and transportation. However, I’d like to extend our services—especially transportation.”

Having grown up in a rural area, Jennifer is aware of the transportation needs a senior often faces who lives outside the city limits. She would like to see a shopping route and medical appointment assistance established for those in the rural sections of our county as well as transport to the senior centers. “People in the rural areas also need a way to get out of their houses and be able to socialize,” Jennifer explains. Jennifer urges any who would like to ride the buses or who know of those who do, to please call, and let her know. She is gathering names and telephone numbers of people who would benefit from this service. “Regardless of how much I’d like to implement more transportation, I have to have enough numbers to justify putting more buses on the road,” Jennifer emphasizes. “Please help me get the word out to our community—unless I hear from the people I won’t realize the need.”

SHIP update information, according to Jennifer, includes the reminder that **Open Enrollment is approaching!** She will begin taking appointments first of September for open enrollment that starts October 15th and ends December 7th. “It is always important to review your plan during this period,” explains Jennifer, “because this is the time that insurance companies can change premiums, deductibles, etc.” Further information updates include that The Center of Medicare and Medicaid Services has recently released its standard limits for basic Medicare Part D prescription drug plan coverage. A few highlights of the changes include an increase from \$310 to \$320 for initial deductible and an increase from \$2,850 to \$2,960 in initial coverage limit. Jennifer adds that in some cases Medicare Savings Programs may pay Medicare Part A (hospital insurance) and Medicare Part B (medical insurance), deductibles, coinsurance, and copayments if one meets certain conditions. “To see if you qualify, give me a call at (256) 233-6412,” invites Jennifer.

Other programs designed to provide services for both disabled seniors and their caregivers include the Medicaid Waiver Program and the Alabama Cares Program. (*Refer back to your May newsletter for a more thorough report.*) Jennifer reminds those qualifying for these programs that there may be a waiting list.

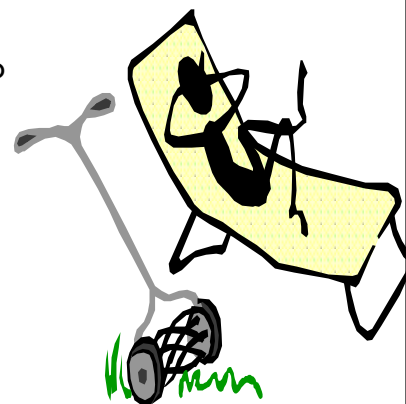
**“I’d like to
extend our
services—
especially
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Seniors in rural
areas also need
transportation.”**

Summer Afternoons



“Rest is no idleness, and to lie sometimes on the grass under the trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.” ...John Lubbock

“Summer afternoon—Summer afternoon... the two most beautiful words in the English language.” ...Henry James



Freedom Through Forgiveness

Freedom, liberty, and independence for our country are widely recognized and celebrated during this month of July. July 4th is a national day of observing the birthday of America and celebrating our freedoms. Perhaps not as recognized are three other liberating observances during the month of July—*Global Forgiveness Day* is observed on July 7th, *Eliminate the Could Haves and Should Haves Day* is observed the third Saturday of July, and *National Get Out of the Doghouse Day* is observed on July 21st. Each of these observance have a commonality—that of forgiveness. Whether one forgives another, forgives himself, or receives forgiveness, freedom, liberty and independence are the results!



Studies show that people who forgive are happier and healthier than those who hold resentments. The first step to letting go of the past and any resentments about it is to recognize that it is simply that—the past! You cannot change what has happened in the past, but you can change how you act and react in the present. Realigning your focus to the present will stop you from fixating on the past and liberate you from allowing the past to affect your future.

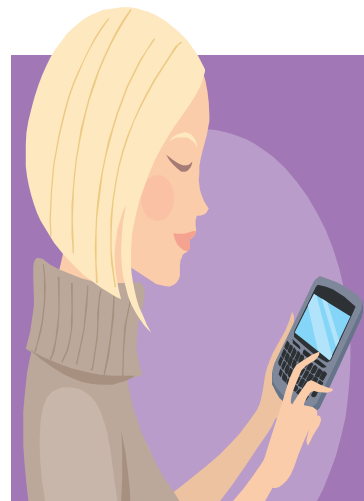
The following quotes offer wise advice about forgiveness—not only about forgiving others, but about the most difficult type of forgiveness—that of forgiving yourself:

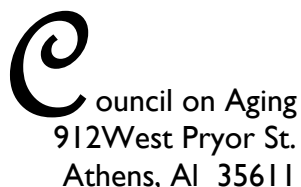
- “He who cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven.”
- Forgiveness is the economy of the heart...forgiveness saves the expense of anger, the cost of hatred, and the waste of spirits.”
- “Without forgiveness, life is governed by an endless cycle of resentment and retaliation.”
- “When you forgive, you do not erase the memory. You simply choose to forgive to free yourself from the bitterness. The memory stays, not to be forgotten but to be remembered as a valuable lesson.”
- “To forgive is to set a prisoner free and discover that the prisoner was you!”
- “Forgive yourself for the wrong choices that you made in the past. They are not evidence of who you are, but evidence of who you were.”
- “Forgive yourself—you are not perfect. Show yourself grace—you are still learning. Show yourself patience—you are on a journey.”
- “You will begin to heal when you let go of past hurts, forgive those who have wronged you and learn to forgive yourself for your mistakes.”

***“There is no
sense in
punishing your
future for the
mistakes of
your past.
Forgive yourself,
grow from it,
and then let it
go!”***

Etiquette Tips From the Experts for Cell Phone Courtesy Month

- ⇒ If you are in an assembly, meeting, or other public gathering, turn your phone’s ringer on silent.
- ⇒ Avoid talking about private or important information in public since you never know who might be listening in on your phone call.
- ⇒ Put the phone down when you’re out with somebody in public. They’re more important than your phone, but if you’re expecting an important call, let your companions know ahead of time, and excuse yourself if and when your phone rings.
- ⇒ Avoid what’s commonly known as “cell yell” and speak in your regular tone of voice.
- ⇒ Don’t under any circumstances text and drive!!





Phone: (256) 233-6412
Contact editor at:
E-mail: delores.thompson@limestonecounty-al.gov

NUTRITION CENTERS

Athens...(256) 233-6412
East Limestone...(256) 230-2829
Elkmont...(256) 732-4777
Owens...(256)-230-2753
Tanner...(256)-230-6400

ACTIVITY CENTERS

Ardmore...(256) 423-2099
Goodsprings...(256) 232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality and the ability to enrich the quality of life for themselves and others. Working closely with TARCOG, the Area Agency on Aging, and various local agencies, COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation
Nutrition Centers
Meals-on-Wheels
In-home services

SHIP/Medicare Part D
SeniorX program
Legal assistance
Volunteer Opportunities

Services under the Older Americans Act are provided without charge, regardless of income. Participants are encouraged to contribute according to their means. All contributions are used to continue the programs.

Upcoming Events

COA and all senior centers will be closed Friday, July 4th.

With July being a great month for **picnics**, the following safety tips are valuable:

- ♦ Take precautions against picnicking in an area that may be dangerous in case of sudden flash floods. Check with local rangers to find a safe and legal picnic area.
- ♦ Don't picnic in an area where you are not permitted. Those areas have been declared "off limits" to picnickers to protect wildlife, vegetation, or for your safety.
- ♦ Bring along safety items such as water, flashlights, maps and a cell phone or radio.
- ♦ Keep everything clean. Don't litter—bring along trash bags and clean up after yourself. Bring along clean disposable cloths, paper towels, or moist wipes to clean your hands before and after handling food.
- ♦ Keep hot foods hot and cold foods cold throughout the duration of your picnic. Holding food at an unsafe temperature is a prime cause of foodborne illness.

